

# The *South Marysburgh* Mirror

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## Pedalling for Parkinson's Comes Back to South Marysburgh August 20-22



*Krista Simonett and Jim Redmond are organizing a cycle event in South Marysburgh for people with Parkinson's taking place August 20-22.*

Pedalling for Parkinson's is a labour of love for Krista Simonett and Jim Redmond. And there's good reason. Jim was diagnosed with Parkinson's 6 years ago. While he experiences Parkinson's symptoms daily – tremors, loss of balance, muscle cramps, a sudden freezing of muscle function – when he rides a bicycle the symptoms disappear. It is so for many people who suffer from this disabling disease.

That's why people with Parkinson's value so highly opportunities to ride their bikes and such an opportunity is coming up in South Marysburgh this August 20,

21 and 22. **Hint: volunteers are needed.**

Jim and Krista are residents of Ottawa. When Jim was diagnosed, he and Krista started participating in the ride which then took place in Parry Sound every year. But in 2018, the Parry Sound organizers could no longer carry on. It was a devastating blow for the Parkinson's community in eastern Canada. Krista and Jim couldn't let it go. They looked for another place that would host the event.

"Because community is so important to the ride we wanted to bring it to a small community," Krista said.

The couple have friends who live in Ameliasburgh and during a visit they decided to attend Milford's Potato Festival.

"That changed everything," Krista said. There she met Bruce Dowdell, a Milford resident and member of South Marysburgh Recreation Committee which hosted the festival. Bruce had an idea. He enlisted the aid of the recreation committee to help Krista and Jim stage the Pedalling for Parkinson's event here. It worked beautifully for the first year in 2019, then Covid-19 stuck a stick in their spokes.

In 2020, Krista and Jim encouraged riders to "ride in place", in other words at their home locations. That worked pretty well and they raised about \$100,000. All of the money is raised through

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## Looking Out for PEC's Farmland Heritage, One Farm at a Time

Buildings with historic or architectural value as well as sites with special significance are often protected from change or destruction to preserve them as heritage properties for current and future generations. But perhaps not as well known is that farmland can be designated, too, to ensure the acreage is preserved as farmland forever.

A sixth-generation farm at Black Creek in South Marysburgh is the first location in Eastern Ontario to be protected from development.

Best known as the Grimmon farm, it is located at the foot of County Road 16 at County Road 13, across from the Black Creek chapel. Owners Deb and Don Hudson

worked for two years to attain the designation under the Ontario Farmland Trust ([ontariofarmlandtrust.ca](http://ontariofarmlandtrust.ca)). The designation, acquired

last year, means the land consisting of the original 170-acre farm plus an adjacent 40-acre section purchased by the Hudson's is under an easement pro-



*Don and Deb Hudson of South Marysburgh have designated their farm under the Ontario Farmland Trust to ensure it remains farmland forever. —The Mirror Photo*

tecting it from non-agricultural use such as urban development or aggregate extraction. It will be farmland forever, even though it may not necessarily be actively farmed.

According to Ontario Farmland Trust, even  
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